Gourmet Garden Salads
Harvest Goodness from Plant to Plate

Recipes

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Arugula Salad With Maple Roasted Butternut Squash

1 (1.5 to 2 lb) butternut squash
2 Tbsp light olive oil
2 Tbsp real maple syrup
1 tsp kosher salt
1/2 tsp ground black pepper
3 Tbsp dried cranberries
3/4 cup apple juice
2 Tbsp apple cider vinegar
2 Tbsp shallots, minced
2 tsp Dijon mustard
1/2 cup light olive oil
1 tsp kosher salt
1/2 tsp ground black pepper
4 ounces baby arugula, washed and dried
1/2 cup walnuts pieces, toasted
3/4 cup freshly grated Parmesan

Preheat the oven to 400 degrees F.
Cut squash in half, scoop out the seeds and pulp, remove rind, and cut into 1 inch pieces.
Place the squash on a baking sheet and sprinkle with olive oil, maple syrup, salt and teaspoon pepper and mix to coat well.
Put in preheated oven and roast for 10 minutes, turn, and roast an additional 10 to 15 minutes or until tender and browning.
Just before roast cooks completely, sprinkle cranberries on top and put back in oven for final minutes - about 2 or 3 minutes is enough.
Meanwhile, in a small saucepan, whisk together the apple juice, apple cider, and shallots and bring to a boil over medium heat; cook until this liquid is reduced to about 1/4 cup, for about 5 to 10 minutes.
Remove from heat and whisk in the Dijon mustard, 1/2 cup olive oil, 1 teaspoon salt, and 1/2 teaspoon pepper to make the vinaigrette dressing.
To assemble, put the arugula in a large salad bowl and add the roasted squash mixture, walnuts, and Parmesan.
Drizzle a little vinaigrette over the salad and toss to combine. Add more vinaigrette if desired, taste, and add more kosher salt and pepper if needed.
Serve immediately. Will serve about 4 to 6 people.

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Asian Snow Pea Garden Salad

1 lb fresh garden snow peas, washed and strings trimmed off
1/2 cup carrots, cut into very thin strips
1/2 cup red bell peppers, cut into very thin strips
1/2 cup sliced water chestnuts, drained
2 tsp sesame oil
1 Tbsp minced fresh ginger root
1/2 cup sliced mushrooms, your choice
2 garlic cloves, minced
1/8 tsp red pepper flakes
1 Tbsp soy sauce
1 Tbsp brown sugar
1 Tbsp oyster sauce (optional, may substitute with 1 Tbsp more soy sauce)
salt to taste
Sesame seeds for garnish

Fill a large bowl with ice and water and set in sink.
Fill a large pot with water and bring to a rapid boil.
Prepare snap peas by dropping them in rapidly boiling water for just 20 seconds; immediately drain and dump into the ice bath, then drain in colander completely.
Put prepared peas into a large salad bowl with the carrots, red bell peppers, and water chestnuts, cover, and keep cool.
To prepare dressing, put sesame oil in a skillet over medium heat, add ginger and mushrooms and saute until fragrant, about 2 to 3 minutes.
Stir in the garlic and red pepper flakes and cook an additional 1 minute.
Stir in soy sauce, brown sugar, oyster sauce (if using), taste, and add salt if desired. Allow mixture to simmer for 2 to 3 minutes, stirring, until well blended. Remove from heat and allow to cool.
Prepare salad by adding dressing to fresh vegetables in salad bowl, tossing to combine.
Serve on individual chilled salad plates with a sprinkle of toasted sesame seeds on each salad.

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Crispy Zucchini Blossom Croutons

10 to 12 small zucchini blossoms
1 cup flour
salt and pepper
2 eggs
1 Tbsp milk
2 cups Panko
salt and pepper

Pick small zucchini blossoms that are growing on a long stem, not at the end of a tiny zucchini. Immediately rinse under water, gently and quickly, then lay out on a towel and pat dry.
Cut the stem off to within a half inch of blossom. Take a sharp paring knife and trim off the pointy leaves from just above the stem, the ones that surround the blossoms at the bottom.
With your sharp knife, make a slice from the bottom of the blossom up through the petals until you can lay the blossom out 'butterfly' style.
Remove the stamen or pistil and gently wash off any pollen that may still be in the inside of the blossom. Close the blossoms back up and lay them on a clean platter or tray.
Mix the flour and salt and pepper together in a bowl; then dust over the blossoms, turn them over, and dust the other side.
In a shallow dish, whisk together the egg and milk.
In another shallow dish, sprinkle the Panko and season with salt and pepper.
Now, take each flour dusted blossom and first dip in egg-milk mixture, let excess drain off, then roll in Panko mixture, and set back on tray.
When all are dipped and ready, prepare a skillet for frying. Fill with frying oil, such as peanut oil, to about 1/2 to 3/4 inch deep, just high enough so blossoms are covered by half. Turn heat to high and when oil is very hot, take blossoms and start putting them slowly into oil, one at a time, without crowding the pan. Flip blossoms when they are golden brown and continue frying until browned on both sides.
Remove immediately to a paper towel covered cooling rack.
Sprinkle blossoms with more salt before they cool.
Serve these 'croutons' on top of a prepared green salad using a variety of mixed greens.

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Fresh Herb Infused Cucumber Topped Asparagus Salad

3 lbs freshly picked asparagus, trimmed
1 bunch green onions
3 cups fresh small cucumbers, scrubbed clean
1 Tbsp fresh parsley
1 Tbsp fresh chervil
1 Tbsp fresh chives
1 Tbsp fresh mint
2 tsp fresh tarragon
3 Tbsp fresh lemon juice
1 Tbsp red wine vinegar
1 tsp Dijon mustard
1 tsp kosher salt
1/2 tsp freshly ground black pepper
3/4 cup light olive oil

Fill a large pot with water and salt and bring to a rapid boil.
Meanwhile, prepare an ice bath in a large bowl with ice and water and set in sink.
When water boils, quickly cook asparagus until just crisp-tender, only about 1 to 2 minutes.
Remove and quickly put in ice bath to cool and stop cooking.
Drain well and set aside.
Chop green onions and put in large bowl.
Scrub cucumbers, trim ends, cut lengthwise, then slice thin and add to bowl with onions.
Add all the fresh herbs to the bowl and mix together well; keep cool.
Make dressing by whisking together the lemon juice, red wine vinegar, mustard, salt, and black pepper, then slowly start streaming in oil, whisking steadily, until dressing is creamy.
Pour dressing into onion cucumber bowl and toss to combine.
Arrange the asparagus on salad plates and spoon the dressed onion cucumber mixture over the top.
Taste and salt if desired.

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Garden Fresh Grilled Eggplant Salad

4 small or 3 medium eggplants
Kosher salt
extra virgin olive oil
2 large roasted red bell peppers
2 medium tomatoes, seeded and diced
1/2 cup thinly sliced whole scallions
1/2 cup thinly sliced radishes
1/4 cup finely chopped fresh parsley
1/4 finely chopped fresh cilantro
3 Tbsp chopped fresh mint
2 garlic cloves, finely minced
4 Tbsp balsamic vinegar
1/2 cup light olive oil
Sea salt and freshly ground pepper to taste
4 ounces goat cheese, crumbled

Prepare eggplant by washing and cutting into 1/2 inch thick slices, then sprinkle with kosher salt, place on a large rack over a tray and allow to drain for 25 to 30 minutes.
Set grill to medium-hot.
Brush or drizzle and rub olive oil on eggplant slices, then set on hot grill and cook for 5 to 7 minutes, turn slices and grill another 5 to 7 minutes or until tender. Remove and put on cutting board and dice.
Get out a large salad bowl and put eggplant pieces in and add all the vegetables and toss to combine.
Drizzle in the balsamic vinegar and olive oil and toss; then season with sea salt and pepper, toss again, taste, and adjust seasoning.
Top with the crumbled goat cheese and serve immediately.

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Garden Herb Tomato Salad With Cheesy Zucchini Blossoms

4 oz soft goat cheese, room temperature
2 Tbsp fresh basil
2 Tbsp fresh marjoram
8 medium size zucchini blossoms, freshly picked
3 Tbsp extra virgin olive oil
kosher salt to taste
5 cups garden grown cherry or grape tomatoes, cut in half
1 Tbsp fresh chives

Preheat oven to 350 degrees and oil a large baking sheet.
Gently rinse off zucchini blossoms, then trim any sharp points from the bottom leaves that hold the petals in place and trim the stem to 1/2 inch. Now, slide a sharp knife lengthwise to lay the blossom open 'butterfly' style and remove the stamen or pistil (depending on if you chose male or female blossoms.) Pat dry.
In a large bowl, mix together the goat cheese with 1 tablespoon of the basil and 1 tablespoon of the marjoram; form into 8 equal size balls.
Lay 1 ball inside each of the open blossoms, then close blossom over the cheese ball and lay, cut side down, on prepared baking sheet.
Drizzle or brush each blossom with 1 1/2 tablespoon of olive oil and flavor with kosher salt, then bake for about 6 to 9 minutes - when you see the cheese bubble up over the blossom and start to ooze out and brown around the edges, they're done. Remove and set aside while you prepare the tomatoes.
In a large bowl, toss the tomatoes with the remaining 1 1/2 tablespoon olive oil, the remaining basil, the remaining marjoram, and the chives. Sprinkle with kosher salt and freshly ground pepper to taste, then arrange on plates.
Top with the baked zucchini blossoms, add more kosher salt if desired, and serve while blossoms are still warm.

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Garden Slaw With Tender Broccoli Flowers

1/4 cup sliced raw almonds, toasted
1 bunch mature broccoli stems (may substitute cabbage slaw)
2 carrots, peeled
3 Tbsp light olive oil
3 Tbsp rice vinegar
3 Tbsp honey
3 Tbsp Greek yogurt
1 1/2 tsp Dijon mustard
1/4 tsp kosher salt
1/4 tsp fresh black pepper
fresh broccoli flowers for garnish (fresh, cleaned, and stamen or pistil removed)

Start by toasting the almonds; put them in a small skillet, without oil, over medium heat and shake until almonds start to get golden brown. Remove and set aside.
Make slaw by peeling the tough skin off the broccoli stems, then using the peeler, make curls out of the tender insides of the broccoli stems. Put in bowl.
Use the peeler to make curly slaw out of carrots, add to bowl.
Make dressing by whisking together the remaining ingredients until smooth; then pour the dressing over the slaw.
Add the toasted almonds, tossing to combine.
Let stand for 30 minutes, tossing several times.
To serve, spoon portions onto individual salad plates. Top with fresh cleaned broccoli flowers for garnish and flavor. You will have enough salad for 4 to 6 people.

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Glorious Broiled Garden Tomato Basil Salad

4 large sweet beefsteak tomatoes
olive oil
1/2 tsp kosher salt
1/4 tsp freshly ground black pepper
1/4 cup fresh basil, coarse chopped
8 fresh baby mozzarella balls, cut into small pieces
4 strips bacon, diced and crisp fried, drained

Wash and cut the tomatoes in half across the 'equator' and carefully cut out the insides, chop up and put in a bowl.
Add to the bowl with the tomato pulp, the kosher salt, black pepper, basil, and mozzarella balls pieces. Mix to combine.
Place each tomato 'bowl' cut side up on a broiler pan and brush lightly with olive oil.
With slotted spoon, fill the bowls with the tomato-basil-mozzarella mixture, making sure you don't get too much tomato juice in the tomato bowl.
Place under preheated broiler at 5" away for about 3 to 4 minutes or until tops brown, tomato softens, and cheese is melted.
Remove and let cool slightly.
Sprinkle crumbled bacon on top and serve warm.
Makes 8 individual salads.

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Gourmet Radicchio Salad in Roasted Acorn Rings

1 small acorn squash
olive oil and kosher salt for baking
1 lb. Portobello mushrooms, washed
1 head radicchio, shredded
1 cup baby arugula
1 Granny Smith apple, unpeeled, cored, and diced, then sprinkled with a dash of red wine vinegar
3 Tbsp pumpkin seeds
3 Tbsp red wine vinegar
1 Tbsp olive oil
kosher salt

Preheat oven to 375 degrees.
Scrub the acorn squash and cut into 1/2 inch thick rings. Remove seeds and pulp from each ring.
Put rings in large bowl and drizzle olive oil in bowl; sprinkle with kosher salt; lay out on baking sheet and roast for 15 to 20 minutes or until the squash is tender and starting to brown nicely.
Do the same with the Portobello mushrooms.
Once both the acorn rings and Portobello mushrooms are roasted and removed from oven start arranging the salad.
In a large bowl, toss the radicchio, arugula, prepared apple, and pumpkin seeds, then add the red wine vinegar, olive oil, and salt, tossing again lightly to coat well.
To assemble the salad, Put an acorn squash ring on a salad plate and
place a serving of the salad inside the ring; then cut the Portobello mushrooms into thin wedges and arrange them around the salad. Drizzle completed salads with more vinegar and oil if desired.

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Grilled Garden Harvest Salad

2 ears of corn, shucked, silk removed, washed
2 small summer (yellow) squash, washed and cut lengthwise into thirds
2 small zucchini, washed and cut lengthwise into thirds
2 vine ripened tomatoes, diced
1/3 cup balsamic vinaigrette
2 Tbsp freshly squeezed lemon juice
1 garlic clove, minced
1 Tbsp fresh chives, chopped
2 Tbsp fresh basil, chopped
freshly grated Parmesan Cheese for garnish

Bring grill to medium heat.
Put corn on grill and cook about 15 minutes, turning several times, until browned and tender; remove and set aside.
During the last 5 minutes, add the yellow squash and zucchini and grill about 5 minutes, turning over until charred evenly.
When corn is cool, cut kernels off cob with a sharp knife, into a big bowl.
Dice grilled zucchini and add to bowl with squash.
Add diced tomatoes to bowl.
Make dressing by whisking together the balsamic vinaigrette, lemon juice, garlic, chives, and basil, then pour into bowl with vegetables and toss together gently.
Let sit for 10 to 15 minutes, stirring occasionally.
Spoon out into individual salad bowls and top with Parmesan cheese.
Serves about 4 to 6 people.

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Grilled Peaches a la Rosemary over Arugula Endive Salad

2 ripe, but still firm, peaches, wash and cut in half (remove stone)
1 Tbsp olive oil
2 Tbsp fresh rosemary, chopped
1/4 tsp kosher salt
2 small Belgian endive, washed and each leaf removed whole
2 cups arugula
4 fresh mozzarella balls
drizzle good balsamic vinaigrette (or olive oil and balsamic vinegar mix)
dash kosher salt and ground black pepper

Prepare a grilling pan (or grates) by spraying with non-stick grilling oil, then set grill to medium heat.
Put peach halves in bowl with olive oil, rosemary and kosher salt, and toss to coat.
When grill is preheated, put the peaches on, cut side down, and grill for 4 to 5 minutes, until charred lightly, then flip and grill 3 to 4 more minutes until softened slightly and charred.
Remove and set aside to cool slightly.
Prepare individual salads by arranging endive leaves between 4 salad plates, then top each plate with 1/2 cup arugula, place one grilled peach half on top of the arugula, tear one mozzarella ball in half (for each salad) and place on top, then drizzle with a little balsamic vinaigrette and sprinkle a dash of kosher salt and freshly ground black pepper to taste.
Serve immediately.
This will make 4 individual salads.

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Light Luncheon Watercress and Crab Salad

2 bunches watercress, washed, trimmed and rough chopped
6 ounces lump crabmeat
1 stalk celery, chopped
2 green onions, chopped
1 Roma tomato, chopped
1/4 cup olive oil
1/4 cup rice vinegar
1 teaspoon chopped fresh basil
1 pinch kosher salt
1 pinch ground black pepper

In a large salad bowl, toss together the watercress, crabmeat, celery, green onion, and tomato.
In a separate bowl, whisk together the olive oil, vinegar, basil, salt, and pepper.
Drizzle over the salad and toss to coat well.
Serve immediately on cold salad plates.

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Marinaded Berries on Fresh Baby Spinach

1 pint ripe strawberries, hulled and sliced
1 pint ripe blueberries, washed and dried
2 Tbsp red wine vinegar
1 Tbsp light olive oil
1 Tbsp light brown sugar
1 tsp poppy seeds
1 Tbsp minced shallot
1/8 tsp smokey paprika
1/4 tsp kosher salt
12 oz baby spinach
chopped walnuts
bleu cheese crumbles

Clean strawberries and blueberries and put in large bowl.
Whisk together in a separate bowl the vinegar, olive oil, sugar, poppy seeds, shallot, paprika, and salt, until frothy - then pour over berries.
Let berries marinade for 30 minutes, stirring frequently.
Divide spinach between individual salad bowls. Spoon marinaded berries over the top of each salad, then top with a sprinkling of walnuts and bleu cheese crumbles.
Serve immediately.

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Melon Sesame Surprise Salad

1/2 lb watermelon, trimmed, seeded, and cut into cubes
1/2 lb cantaloupe, trimmed, seeded, and cut into cubes
2 Tbsp toasted sesame seeds
1 Tbsp chives, finely chopped
1 Tbsp mint, finely chopped
1 teaspoon salt
1/4 cup raspberry vinegar
2 Tbsp sugar
1 tsp sesame oil
6 oz romaine lettuce

In a large bowl, toss together the watermelon, cantaloupe, sesame seeds, chives, mint, and salt.
In a separate bowl, whisk together the raspberry vinegar, sugar, and sesame oil, then pour over the salad and toss to coat.
Cover and refrigerate for at least 30 minutes or until chilled through.
Serve by laying a romaine lettuce leaf or two on a salad plate, and spoon a portion of the melon salad on top. Sprinkle more toasted sesame seeds on top if you wish

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Mesclun Radish and Avocado Salad

6 cups mesclun, (mixed young salad greens of your choosing)
6 red radishes, cleaned and very thinly sliced
1 ripe avocado, peeled and diced small
1 lime to squeeze over avocado
2 Tbsp crumbled bleu cheese
2 Tbsp freshly squeezed lime juice
1 Tbsp rice vinegar
1/2 tsp Dijon mustard
1 Tbsp light olive oil
1/4 tsp kosher salt
1/4 tsp freshly ground black pepper

In a large salad bowl, toss together the mesclun and radishes.
Dice the avocado and squeeze 1 lime over, then toss in the salad bowl, add the crumbled bleu cheese, and toss to combine all ingredients.
Make the vinaigrette by putting the lime juice, vinegar, and mustard in a small bowl, whisking together, then slowly start streaming in the olive oil, whisking constantly, until smooth and creamy. Sprinkle in the salt and pepper, whisking to combine.
Immediately drizzle about half the vinaigrette over the salad in the bowl, toss, taste, and add more vinaigrette if desired, and adjust seasoning.
Serve immediately.

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Nutty Roasted Acorn Squash and Spinach Salad

1 or 2 acorn squash (enough for 5 cups cubed, about 2 lbs squash)
2 Tbsp olive oil
1/4 cup brown sugar, packed
1/2 tsp red pepper flakes
1/2 tsp kosher salt
4 Tbsp orange juice
1 1/2 Tbsp walnut oil
3 tsp freshly squeezed lemon juice
8 cups baby spinach
1 cup walnuts, toasted, coarsely chopped

Preheat oven to 450 degrees.
Wash and cut acorn open lengthwise, scoop out seeds, then cut acorn into 1 inch thick crescent shapes.
Put the squash in a large bowl and add the olive oil, brown sugar, red pepper flakes, and kosher salt, tossing together with your hands until squash is evenly coated; then dump onto a large baking sheet, arranging in single layer.
Put in preheated oven and roast for 15 minutes; turn squash over and continue roasting for another 15 minutes or until golden brown and tender.
Remove and let stand at room temperature.
Before you turn off the oven, put the chopped walnuts on a dry (unoiled) baking sheet and bake for about 5 minutes, stirring occasionally, just until fragrant. Remove and set aside.
When squash is cool to touch, take a sharp paring knife, slice off the rind, and cut into 1 inch pieces, then set aside.
In large salad bowl, pour in the orange juice, walnut oil, and lemon juice and whisk until frothy, then taste and season with salt and pepper.
Now dump into the salad bowl the spinach, walnuts, and the squash and toss to combine.
Taste and adjust seasoning.
Serve immediately. You should have enough salad for 6 to 8 people.

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Nutty Summer Squash Buckwheat Salad

2 cups uncooked buckwheat
4 cups water
1/2 tsp salt
4 small summer (yellow) squash, thinly sliced
1 can garbanzo beans, rinsed and drained
1/2 cup chopped toasted walnuts
1/4 cup grated Parmesan cheese
1 lemon, juiced
1 Tbsp chopped fresh parsley
2 Tbsp olive oil
salt and black pepper to taste

Put the buckwheat, water, and salt in a large pot and bring it to a boil; reduce heat and cook at a slow boil for 6 to 7 minutes; drain well and put into a large salad bowl and refrigerate until just cooled down.
When cool, add the summer squash, garbanzo beans, walnuts, and Parmesan cheese into the bowl and toss together.
Add the lemon juice, parsley, olive oil, salt, and pepper and stir gently until just mixed and serve immediately.

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Peachy Heirloom Tomato Salad with Blue Borage Blossoms

1 lb ripe fresh peaches
2 lb. vine ripened heirloom tomatoes
3 green onions, cut into thin strips
2 Tbsp light olive oil
2 Tbsp freshly squeezed orange juice
1 Tbsp balsamic vinegar
1 tsp soy sauce
1/2 tsp orange zest
1/4 tsp kosher salt
1/4 cup fresh mint, chopped
1/4 cup fresh basil, chopped
1/2 cup blue borage flowers, whole

Clean, core, and chop the tomatoes roughly. If your collection of heirloom tomatoes includes small (cherry size) tomatoes, just cut in half. Mix up the way you cut them so everything isn't the same. Put in large salad bowl.
Scrub the peaches and slice into small wedges (removing the pit and stem as you do.) Add to the salad bowl with tomatoes.
Add the thin strips of green onion to the salad bowl.
Now make the dressing.
Whisk together the olive oil, orange juice, balsamic vinegar, soy sauce, orange zest, and salt until smooth and frothy. Pour this dressing over the salad, sprinkle in the mint and basil and toss to combine.
Set the salad aside for 10 minutes; taste and add salt if necessary.
When seasoned properly, Serve in individual salad bowls, sprinkling the blue borage flowers over each serving. You will get about 4 to 6 salad servings.

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Pretty Petite Herbed Cucumber Salad

1 lb small cucumbers, scrubbed clean
1/2 Tbsp kosher salt
1 garlic clove, minced
1 Tbsp chives
2 Tbsp fresh mint, chopped
2 Tbsp fresh dill, chopped
1 Tbsp fresh lemon thyme, chopped
1 cup rice vinegar
2 Tbsp honey
Greek yogurt and sprig of mint for garnish

Scrub the cucumbers to remove any tiny bumps. Take a fork and run down the length of the cucumbers to score them. Cut the cucumbers in half lengthwise, then slice paper thin.
To remove some of the moisture from the cucumbers, put them in a big bowl and sprinkle with the kosher salt. Let it sit for about an hour, stirring a few times to mix. Dump cucumbers into a colander or sieve and allow to drain thoroughly, patting with paper towels, then put in salad bowl.
Make the herbed dressing by whisking together the garlic, chives, mint, dill, lemon thyme, rice vinegar, and honey; adjust taste if necessary.
Pour the herbed dressing over the cucumbers in the salad bowl, cover and chill in refrigerator for several hours until flavors blend well.
Serve in salad bowls with a dollop of Greek yogurt on top if desired, with a small mint sprig.

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Roasted Baby Beets with Greens and Grapefruit Salad

6 small garden beets with greens attached
1 medium ruby red grapefruit (and reserved juice)
all reserved grapefruit juice
1/4 cup red wine vinegar
1 medium shallot, minced very fine
1/3 cup light olive oil
1/8 tsp kosher salt
1/8 tsp ground black pepper
1 tsp fresh thyme

Preheat oven to 325 degrees.
Trim greens off beets, trim any thick stalks, wash, dry, and course chop fresh greens. Put in bowl and cover with plastic, refrigerate while preparing the rest of the salad.
Scrub the beats, trim off any extra green tops or roots, then place them on a sheet of aluminum foil. Drizzle oil over beets to coat well, then fold the foil up to form a sealed packet around the beets. Place on a baking sheet and bake in the preheated oven for about 45 minutes or until fork tender. Remove and let cool until you can pull off the skins, then slice into wedges.
While the beets are roasting, peel the grapefruit, making sure you remove all the white pithy coating. With a sharp paring knife, remove each segment, making sure you do not include any of the skin. Do this over a bowl so you can capture the juice. Set the segments and juice aside.
Prepare the dressing by whisking together the reserved grapefruit juice, the red wine vinegar, and the shallots. When combined, start pouring in olive oil, whisking steadily until creamy, then continue whisking and add the salt, pepper, and thyme, whisking until just combined.
To assemble the salad, place the cold beet greens on salad plates, top with beets, then with grapefruit segments. Drizzle the vinaigrette dressing over the top of each salad, then adjust seasoning by adding salt and pepper if desired.
Serve immediately.

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Rustic Grilled Red Potato Broccolini Salad

1 1/2 pounds medium size new red potatoes, scrubbed
2 Tbsp olive oil
1 garlic clove, minced or crushed
1 pound broccolini, rinsed and ends trimmed
2 medium size sweet onion, cleaned and cut into 1/2 inch thick rings
2 medium tomatoes, diced small
1/4 cup chopped cilantro
balsamic vinaigrette dressing

Preheat oven to 400 degrees.
Place whole scrubbed potatoes on a large baking sheet and drizzle with olive oil, sprinkle minced garlic and salt and pepper over potatoes, and mix a bit with your hands to coat potatoes thoroughly.
Bake potatoes in preheated oven at 400 degrees for 30 minutes; remove and allow to cool at room temperature just until you can handle them, then cut each in half and set aside.
While potatoes are cooking, blanch the broccolini by bringing a large saucepan of water to a rapid boil, then adding broccolini and letting cook for 1 minute; remove immediately and drop broccolini in an ice bath or put in colander under cold running water. Drain well and set aside.
Preheat your grill to medium high heat.
Toss or brush the potatoes, broccolini, and the sliced onions with olive oil.
When grill is ready, place the vegetables on the grate.
Cook the broccoli for 2 minutes, flip, cook 2 more minutes, then remove from grill to a bowl.
Cook the potatoes and onions for 4 minutes, flip, cook for 4 more minutes, then remove from grill to bowl with broccolini.
(Cooking times are estimated; it depends on the heat of the grill and the size of the vegetables. Remove vegetables when just fork tender and slightly charred.)
Allow vegetables to cool, then toss with the tomatoes and cilantro.
Drizzle balsamic vinaigrette over the salad and toss, taste and adjust adding more dressing and adding salt and pepper if desired.
Serve at room temperature. This will serve 6 to 8 people.

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Sauteed Endive Salad With Savory Toasted Pine Nuts

1 Tbsp Dijon mustard
1 Tbsp red wine vinegar
1 lemon, juiced
3 Tbsp extra virgin olive oil
salt and pepper to taste
4 heads endive
1/3 cup pine nuts

Start with the dressing - in a medium bowl, whisk together the mustard, vinegar, and lemon juice. Continue whisking and slowly drizzle in olive oil until dressing gets light and creamy in appearance. Sprinkle in salt and pepper and adjust for taste; set aside.
Prepare endive heads by cutting across in ring shapes, discarding hard stems. Rinse well, separate, and drain well.
In a large skillet over medium heat, put the pine nuts, tossing until lightly toasted and golden brown.
Add the endive to the skillet, tossing until warmed through slightly.
Drizzle in the Dijon dressing and toss to coat well.
Reduce heat and cook just until endive is hot and slightly wilted, but still firm.
Serve immediately while still warm.

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Savory Dressed Cauliflower and Capers Salad

1 small head fresh cauliflower, cleaned and cut into florets
2 tsp freshly squeezed lemon juice
1/4 cup light olive oil
2 Tbsp red wine vinegar
1 garlic clove, smashed or minced
1 Tbsp small capers
1 teaspoon paprika
1/8 tsp cayenne pepper
1/8 tsp kosher salt
fresh parsley, chopped, for garnish

Prepare an ice bath with a big bowl with ice and water and set in sink.
Bring big pot of water and salt to a rapid boil, add the cauliflower and the lemon juice, cover and turn heat down to simmer for about 5 to 8 minutes, or until cauliflower is just fork tender.
Drain and dump cauliflower into ice bath to cool. When cold, remove with a slotted spoon to a colander and drain well. Put in big salad bowl.
Prepare dressing by whisking together the olive oil, vinegar, garlic, capers, paprika, cayenne pepper, and kosher salt.
Pour over the cauliflower in the salad bowl and toss together well.
Taste and add more salt if necessary.
Let salad sit for 15 minutes at room temperature before serving.
Serve in individual salad bowls with a sprinkle of fresh parsley on each salad. You'll have enough salad for 4 to 6 bowls.

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Simply Elegant Grilled Squash Salad

4 medium zucchini, ends cut off, large seeds scooped out, halved lengthwise
4 medium yellow summer squash, trimmed, halved lengthwise
5 Tbsp olive oil, divided
1/2 cup chopped fresh basil
1/2 cup freshly grated Parmesan cheese
2 Tbsp balsamic vinegar

Turn grill on or get charcoal set to medium heat.
Arrange zucchini and yellow squash on a big platter, cut side up, and drizzle with 3 tablespoons oil, then sprinkle with salt and pepper and rub to coat veggies evenly.
When grill is ready, put zucchini and yellow squash on cut side down; cook for 5 minutes or until grill marks are nice, then flip and grill for about 5 minutes more or until brown and tender.
Remove and allow to cool in order to handle, then cut into strips crossways, then into rough chopped bite-sized pieces.
Put pieces in a large serving bowl and add the basil, Parmesan cheese, balsamic vinegar, and 2 tablespoons of remaining olive oil; toss gently until coated nicely.
Taste and add salt and pepper if desired. Serve immediately.

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Simply Summer Grilled Radicchio Salad

2 small heads radicchio
4 small yellow summer squash
2 small zucchini
1 bunch green onions
1 Tbsp olive oil
1 Tbsp balsamic vinegar
dash kosher salt
black pepper to taste
8 to 12 oz mixed greens of your choice
4 oz feta cheese
sunflower seeds

Trim, wash, and cut the radicchio into 8 wedges each. Put in large bowl (keep wedges intact).
Trim, wash, and cut the yellow summer squash into 1 inch thick circles; add to bowl.
Trim, wash, and cut the zucchini squash into 1 inch thick circles; add to bowl.
Trim the onions to no longer than 3 inches and wash; add to the bowl.
Add the olive oil, balsamic vinegar, kosher salt, and black pepper to the bowl and toss to coat well.
Set grill to medium-high heat and spray a grilling pan with non-stick cooking spray.
Place radicchio and both squashes on grilling pan, and when grill is preheated, place on grill and grill, turning once, until lightly charred on both sides, about 8 minutes total time.
Just before the radicchio and squashes are fully charred, put onions on grill pan, cooking for about 2 to 3 minutes, turning over at least once, until lightly charred.
Arrange mixed greens on salad plates, place grilled vegetables on top, then divide the feta cheese between the salads, and sprinkle with sunflower seeds if you like.

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Spaghetti Squash Harvest Garden Salad

2 small or 1 medium spaghetti squash
3 Tbsp balsamic vinegar
1 Tbsp red wine vinegar
2 Tbsp olive oil
1 Tbsp fresh garden oregano, chopped
2 Tbsp fresh garden basil, chopped
2 Tbsp fresh parsley, chopped
2 garlic cloves, minced or grated
1/4 tsp kosher salt, to taste
1/4 tsp freshly ground black pepper, to taste
2 medium tomatoes, diced small
1 medium carrot, diced small
1 stalk celery, diced small
1 small yellow squash, diced small
1 small green bell pepper, diced small
3 green onions, chopped, including tops
6 to 8 black olives, chopped (use any ripe olive you like)
4 oz feta cheese, crumbled

Preheat the oven to 350 degrees.
Prepare the spaghetti squash by cutting lengthwise and scooping out the seeds and pulp. (The 'spaghetti' is NOT the pulp... it actually is what appears to be the solid part of the squash, which turns into noodles after it's cooked.)
Lightly oil the cut side of the squash and place cut-side-down on a large baking sheet. Pierce several times with a knife. Bake in the preheated oven for 35 to 45 minutes or until you can insert a fork into the top. Remove and let cool.
Flip spaghetti squash over and, using a fork, start pulling the meat of the squash out and into a large bowl. The meat will come out in strands, forming the spaghetti. Set aside in a cool area.
In a separate bowl, whisk together the balsamic vinegar, red wine vinegar, olive oil, oregano, basil, parsley, garlic, salt and black pepper until combined and creamy. Add more olive oil if desired.
Pour this vinaigrette dressing into the bowl with the spaghetti squash and toss to combine and loosen up the 'noodles.'
Add the remaining ingredients into the bowl with the spaghetti squash and toss until combined very well.
Cover the bowl loosely with parchment paper or a paper plate and put in refrigerator for at least 30 minutes before serving.
Toss again before serving.

Spiced Butternut Squash Salad with Lentils and Goat Cheese

3/4 cup black or green lentils
6 cups butternut squash, peeled, seeded, and cubed into bite size (about 2 lb)
3 Tbsp olive oil, divided
1 tsp ground cumin
1 tsp hot smoked paprika
1/2 tsp kosher salt
4 cups baby arugula
1 cup goat cheese, crumbles, divided
1/4 cup fresh mint, chopped
1 Tbsp red wine vinegar, plus additional to taste

Preheat oven to 400 degrees.
Put squash in large bowl with 2 tablespoons oil, cumin, paprika, and kosher salt, and toss together until coated well.
Dump onto a large baking sheet and mix around until in a single layer, then put in preheated oven and cook for 15 to 20 minutes; stir and flip pieces then cook another 10 to 15 minutes until lightly browned and tender. Remove and allow to cool at room temperature.
Meanwhile, put lentils in a small bowl and soak for 10 minutes; drain, and put in large saucepan, cover with fresh water, add a dash of salt, and bring water to a boil, turn down to a simmer, and cook lentils until tender but firm, about 30 minutes. Drain in colander, rinse with cold water, and allow to drain completely and cool.
When ready to assemble salad, put cooked squash and cooked lentils in a large salad bowl, drizzle remaining 1 tablespoon oil over and toss; then add the arugula, half of the goat cheese, mint, and vinegar, season to taste with more salt and pepper, then toss.
Serve on cold salad plates and divide remaining goat cheese among each serving.
Will make 2 to 4 salad servings.

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Sweet and Sour Summer Squash Slaw

4 tiny yellow summer squash
4 tiny zucchini
2 stalks celery, chopped
3 whole green onions, chopped
1/2 red bell pepper, chopped
1/2 green bell pepper, chopped
1/2 cup sugar
1/2 cup apple cider vinegar
1/4 cup light Olive Oil
1 Tbsp fresh dill
1/2 Tbsp fresh basil
1/4 Tbsp fresh thyme
1/2 teaspoon pepper
1/4 teaspoon salt

Scrub the tiny squashes well, trim off both ends, then take a peeler and start peeling off long curls into a colander. Sprinkle with salt and let drain over the sink for about 20 minutes. This will help the squash sweat off some of the moisture. Dump onto a large surface covered with paper towels and use paper towels to blot off liquid, then dump squash curls in large salad bowl.
Add the salad bowl, add the celery, onion, and peppers.
Put the remaining ingredients in a bowl and whisk together until well combined. (You could also put the ingredients in a jar with a good lid and shake to combine.)
When dressing is well mixed, immediately drizzle a little over salad, mix, taste, and add more dressing as desired, tossing to coat after each addition.
When the slaw has the right amount of dressing, serve immediately or chill until ready to eat.
You'll have enough for about 4 to 6 people.

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Tender Minty Garden Squash Salad

2 small zucchini
2 small yellow (summer) squash
1/3 cup fresh mint leaves
3 Tbsp extra virgin olive oil
1 Tbsp fresh lemon juice
1/4 teaspoon sea salt
pepper to taste
1/4 cup toasted pine nuts

Thinly slice or shave the zucchini and yellow squash. It should be very thin. You can do this with a mandoline or with a peeler. Set aside in a bowl.
Cut the mint leaves into strips by rolling them together, then slicing into strips, then add the the bowl with the squash.
In a separate bowl, whisk together the oil and lemon juice, then continue whisking and add the salt and pepper; taste and adjust for flavor, add more if necessary.
Drizzle this dressing over the squash in the bowl, add the toasted pine nuts and toss together.
Let mixture stand for 10 to 15 minutes to allow the flavors to blend.
Serve in small salad bowls and sprinkle with more toasted pine nuts if desired.

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Triple Play Fresh Italian Garden Salad

1 Tbsp Dijon mustard
1 Tbsp red wine vinegar
1 Tbsp chopped fresh oregano
3 Tbsp extra-virgin olive oil
salt and pepper to taste
1 cup chopped radicchio
1 cup chopped endive
2 cups chopped arugula
1/4 cup freshly grated Parmigiano-Reggiano cheese
1/4 cup toasted pine nuts

Start with the vinaigrette by whisking together in a small bowl the mustard, red wine vinegar, and chopped oregano. Keep whisking and drizzle in the olive oil until the dressing is light and creamy; add salt and pepper, taste and adjust flavor; set aside.
In a large salad bowl, toss together the radicchio, endive, and arugula, with the cheese and toasted pine nuts.
Pour the vinaigrette over and toss to coat.
Serve on chilled plates with a little more cheese for topping.

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